

# School Mental Health Newsletter: JANUARY 2024



#### Important Phone Numbers to Know:

- South Oaks Hospital Admissions –631-608-5885
- Cohen Children’s Medical Center Pediatric Behavioral Health Urgent Care – 718-470-3148
- Cohen Children’s Pediatric ED – 718-470-3768
- RVC Behavioral Health Center –516-927-1630
- Mineola Behavioral Health Center -516-321-5770
- Commack Behavioral Health Center- 631-775-3280
- Long Island Crisis Center – 516-679-1111
- Center for Hope - 516-216-5194
- National Suicide Prevention Lifeline- call or text 988

#### Quick Reads:



#### THE WELL

**The best breakfast foods to start your day**

[Click here](#) to read

#### NAMI

**Mental health new year’s resolutions**

[Click here](#) to read

**World Health Organization  
Ten healthy choices to make in 2024**

[Click here](#) to read

#### FORBES.com

**New Year’s resolution statistics 2024**

[Click here](#) to read

# MLK SERVICE DAY

[Click Here](#) to learn more about why we celebrate **Martin Luther King Jr. Day**, - from Parents.com



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## Upcoming Education Opportunities



### School Avoidance Workshop

School Mental Health Program is proud to provide an educational lunch and learn – **Tuesdays 12:00pm – 12:45pm**

This series is for parents to learn about school avoidance with a **focus on skills and strategies to support children.**

This workshop will educate on:

- What is school avoidance?
- Who does school avoidance impact and why?
- Strategies to decrease school avoidance
- Where you can find additional resources

[Click here to register for one or all sessions:](#)

**Session 3:** 1/9, 1/16, 1/23, 1/30, 2/6, 2/13

### Emotional Intensity, Anger and Calming Strategies:

“How you can help your child manage anger/outbursts”

**Date: Thursday January 18<sup>th</sup>, 2024 at 12:30pm**

[CLICK HERE](#) to register

### Competition & Burnout: “How can parents students in need”

**Date: Thursday January 18<sup>th</sup>, 2024 at 12:30pm**

[CLICK HERE](#) to register

# LUNCH & LEARN

## Health Starts at Home: A Cohen’s Children’s Medical Center Series for Parents, Guardians & Caregivers

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### Healthy Eating on a Budget

**Date:** Tuesday, January 9, 2024

**Time:** 6:00 PM – 7:00 PM

Format: Virtual

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### Healthy Eating on a Budget

**Date:** Tuesday, January 9, 2024

**Time:** 6:00 PM – 7:00 PM

Format: Virtual



# Northwell Health®

[Click here](#) to register for the above educational sessions or scan the code to the right:



# School Mental Health Newsletter:

## JANUARY 2024



Helpful dates and links to register!

**Cohen Children’s Medical Center:  
Health Starts at Home Series**

Format: Virtual  
Time: 6pm-7pm



- 1/9/24 Health Eating on a Budget
- 2/15/24 Body Image: Raising Confident Kids
- 3/15/24 Gender & Sexuality
- 4/9/24 Health Communications
- 5/14/24 Having “The Talk: Discussing Puberty

**Northwell School Mental Health:  
Community Education Lunch & Learn Series**

Format: Virtual  
Time: 12:30pm – 1:30pm

- 1/18/24 [Emotions, Anger & Calming strategy](#)
- 2/15/24 [Competition & Burnout](#)
- 3/21/24 [Risk behaviors in Teens](#)
- 4/18/24 [Sibling Relationships](#)
- 5/16/24 [Raising emotionally health kids](#)

**School Refusal Workshops for Parents**

Format: Virtual  
Time: 12:00pm – 12:45pm

[Session 3: \(click here\)](#)

1/9, 1/16, 1/23, 1/30, 2/6, 2/13

[Session 4: \(click here\)](#)

2/27, 3/5, 3/12, 3/19, 3/26, 4/2

[Session 5: \(click here\)](#)

4/9, 4/16, 4/30, 5/7, 5/14, 5/21

January 2024							February 2024							March 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
31	1	2	3	4	5	6	28	29	30	31	1	2	3	25	26	27	28	29	1	2
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9
14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23
28	29	30	31	1	2	3	25	26	27	28	29	1	2	24	25	26	27	28	29	30
													31	1	2	3	4	5	6	

  

April 2024							May 2024							June 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
31	1	2	3	4	5	6	28	29	30	1	2	3	4	26	27	28	29	30	31	1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30	1	2	3	4	26	27	28	29	30	31	1	23	24	25	26	27	28	29
													30	1	2	3	4	5	6	

  

July 2024							August 2024							September 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
30	1	2	3	4	5	6	28	29	30	31	1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31	1	2	3	25	26	27	28	29	30	31	29	30	1	2	3	4	5

  

October 2024							November 2024							December 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
29	30	1	2	3	4	5	27	28	29	30	31	1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31	1	2	24	25	26	27	28	29	30	29	30	31	1	2	3	4